

January/February 2012

Clinton Township *Senior Adult Life Center*



HAPPY 2012!



Celebrating 28 Years of Quality Programs & Services for Those 55+

Dear Friends & Members,

The Senior Center has been diligently working on streamlining our data reporting and program registration process. We are migrating to our new computer system called RecTrac, so please be patient with us!! The new system will allow us to more efficiently process registrations for programs and events that the Senior Center offers. During this migration, we will be asking you to stop by our member service desk to update your information. Along with updating your information in our system, we will be issuing a new membership badge with your photo and a bar code. If you have an e-mail address, this will assist us in notifying you of upcoming changes to schedules, new programs, cancellations and in case of inclement weather, notify you of building closures. The new membership cards eventually will be used in place of our sign in sheets at the front door and will also be used to register for all classes, programs, trips etc. The new system will simplify our registrations, offer future ability to process credit card payments, and the ability to register for classes on the web. It is imperative that we have up to date information, especially in case of an emergency. Please stop by our desk soon and get your new card. We hope to be fully operational soon.

NEW YEAR, A NEW YOU

We have teamed up with the St. Clair Shores Senior Center, Cherrywood Nursing & Living Center, Henry Ford Health Systems, Vince & Joe's Gourmet Market, and Pure Water Station for a healthy start to the New Year. We will be meeting weekly for a weigh in, healthy living presentations and speakers. Participants will be treated to a fun mystery trip, cooking demonstrations and prizes to keep you motivated to be healthier in 2012. Due to the popularity of the program we will be limiting the group to the first 25. Cherrywood will be sponsoring much of the program in order to keep the costs down to members. See more details on pg. 12 of the newsletter.



WINTER WEATHER REMINDER:

Just a friendly reminder that the Senior Adult Life Center will be closed when Chippewa Valley Schools close for inclement weather ~ **MAKE SURE TO WATCH YOUR LOCAL NEWS** for the latest school closings!



The new carpeting that was to be installed in the fall of 2011 was slightly delayed due to the bid process; however, it is still on the way. It should be installed soon so stay tuned.

The great part of the Clinton Township Senior Center is that we have programs and services year round that are specifically developed for you! No matter what season or what the reason, there is an activity to fit your interests. Enjoy your center!

Warm regards!

Matt Makowski – Director

Debbie McClellan –Assistant Director

Clinton Township Senior Adult Life Center

January/February 2012 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

HOW TO REACH US

Clinton Township Senior Center



*The Member
Services Team
Kim & Jan*

40730 Romeo Plank Rd.
Clinton Township, MI 48038

Ph: (586) 286-9333 Fax: (586) 286-8757
www.clintontownship-mi.gov/seniors

Operators are standing by to direct your calls.
Calls taken Monday-Friday,
8:30 a.m.-4:30 p.m.

Main Contacts

Matt Makowski	Director	Ext. 8121
m.makowski@clintontownship-mi.gov		
Debbie McClellan	Asst. Director	Ext. 8120
d.mcclellan@clintontownship-mi.gov		
Wanda Vasko	Sports/Fitness	Ext. 8076
w.vasko@clintontownship-mi.gov		
Donna Tinker	Programs/Ads/PR	Ext. 8125
d.tinker@clintontownship-mi.gov		
Jan Aleo	Member Services	286-9333
j.aleo@clintontownship-mi.gov		
Kim Kowalik	Member Services	286-9333
k.kowalik@clintontownship-mi.gov		
Linda James	Transportation	286-9476
Mike Greer		
transport@clintontownship-mi.gov		
SMART Bus Drivers		
Dave Bommarito		Jamie Mack
Pam Elias		Juan Grove
Stan Santilla		

Our Mission

To dispel the myths of aging by supporting older adults in their pursuit of a lifestyle that nurtures healthy and productive living.

Township Offices

40700 Romeo Plank Road
Clinton Township, Michigan 48038
(586) 286-8000



Robert Cannon	Supervisor
William Sowerby	Treasurer
George Fitzgerald	Clerk
Ken Pearl	Trustee
Ernie Hornung	Trustee
Dean Reynolds	Trustee
Joie West	Trustee

Sports Numbers



Bocce - © Th	Maria Salamone	247-0582
Bowling - (w) Tu	Diane Carr	465-5948
Bowling - © Th	Miriam Pillote	465-0793
Golf - (w) Fr	Violet Morley	489-2020
Golf - (w) Th	Betty Riegel	465-1432
Horseshoes - ©	Frank Cusumano	226-8949
Pickle Ball - ©	Don Kolke	293-8592
Softball - (m)	Bill Trainor	468-2968
Softball - (m)	John Charlie	263-4376
Softball - (m)	Roland Hernandez	228-8117
Shuffleboard - ©	Arlene Biggs	263-6616
Tennis - ©	Pattie Duquette	469-7000
Volleyball - (m)	Paul Schneider	228-0076
Volleyball - (m)	Al Schmidt	468-8318
Volleyball - ©	Sue Stapels	741-6193
(m)=Mens (w)=Womens ©=Co-ed		

Numbers of Interest



Macomb Department of Senior Citizen Services	(586) 469-6313
Chore Services	(586) 469-6964
Congregate Meal Programs	(586) 469-5228
Clinton Twp. Loan Closet	(586) 263-8437
Emergency Food	(586) 469-6004
Meals on Wheels	(586) 469-5228
Energy Programs	(586) 469-5228
Area Agency on Aging 1-B	(248) 357-2255
29100 Northwestern Hwy.	1-800-852-7795
Suite 400	TDD (248) 263-1455
Southfield, MI 48034	www.aaa1b.com

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Please register for all
Classes and Programs

SENIOR SERVICES

MEDICARE/MEDICAID ASSISTANCE (By Appt) Tuesdays Jan. 10 & Feb. 14 9:00-11:00

Shari Capozzoli, our trained counselor from the Area Agency on Aging will provide info. and answer any questions you may have regarding Medicare and Medicaid coverage. In addition, info will be supplied regarding supplemental insurance plans. If you are currently having a problem with a doctor or hospital bill, make an appointment and bring any pertinent paperwork with you. This service is provided by the Area Agency on Aging.

LOW VISION SUPPORT

By Appt. ONLY Tuesdays or Thursdays

If you have low vision problems or know someone who does, please share this information with them! We are pleased to have our own Frank Cunningham, a legally blind person of over 20 years, answer any questions you may have regarding low vision problems. He can guide you & help you locate resources, or encourage you on gaining more independence as a person with low vision. You may contact Frank with any questions at 586-465-6694. Transportation may be arranged through our transportation office by calling 586-286-9476.

DON'T KNOW WHERE TO TURN?

Need to locate some resources? Just dial 2-1-1 for over 7,000 services that the United Way can refer you to. This is a free call and service. Cell phone users can dial 800-552-1183.

LOSE YOUR NEWSLETTER? DON'T WORRY!

Just go to www.clintontownship-mi.gov/seniors - Click on "The Good News". It's on the left side of the page.

MEMBERSHIP GUIDELINES:

Membership is open to all eligible individuals ages 55 and over, single or married. If one spouse is 55 and a member, the other may be younger. A valid State of Michigan photo ID is required for membership. **Lifetime membership fee:**
Resident \$50 single, \$70 couple. Non-Resident \$80 single \$140 couple

MEMBERSHIP BADGE REPLACEMENTS

If by chance you have misplaced your official badge, come to the reception desk and we can make you a replacement for \$5.00. A photo ID is required for us to verify membership.

SENIOR CENTER BUS TRANSPORTATION



Linda & Mike

Office: 286-9476, 8:30 a.m.-12:30 p.m.
After office hrs. EMERGENCY: 468-0577
Senior Center: 286-9333
Transportation available M-F, 9:00 a.m. to 4:00 p.m. Fee is \$1.00 per way or bus pass.

SENIORS SURFIN' THE NET

Please stop by to use our INTERNET Service. We have 2 computers for your convenience. (8:30 a.m.-4:00 p.m., Mon.-Fri.)

COPY MACHINE

25¢ per page

Need a copy of a document? Bring it on in.
Copyrighted material is prohibited for duplication.

SNACKS

75¢

You never know when you are going to get the munchies! We have a variety of goodies for purchase. Salty, Sweet and everything in between!

BEVERAGE SERVICE:

Stop by the café to enjoy a cappuccino, coffee or cool beverage. Add a shot of flavored syrup to your coffee for a special treat. (Price is 50¢-\$1)
Bottled water can be purchased in the fitness room for \$1.00.

LOAN CLOSET

No Charge

The Clinton Twp. Fire department has wheelchairs, walkers, canes, crutches, and other items available for residents to use. They LOAN this equipment at no cost. Please contact the Fire department directly @ 263-8437 for more information.

RETIREMENT LIVING TV

A new TV channel dedicated to the over 50 crowd!
<http://www.rl.tv>
Comcast Viewers - Detroit - Channel 125

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Please register for all
Classes and Programs

CARDS for MEMBERS

Our membership fees are used to operate this facility. **We require that all players become members** to help defray the increasing costs of utilities, supplies and necessary operating expenses. Thank you for your understanding. Rosters will be kept for each group playing at the center.

MONDAY

PINOCHLE 11:00 A.M.-2:00 P.M.
PROGRESSIVE EUCHRE 6:30 P.M.

TUESDAY

PRACTICE BRIDGE 1:00-4:00 P.M.
EUCHRE FOR ROOKIES 1:00-3:00 P.M.

WEDNESDAY

PARTY BRIDGE 9:15 A.M.
PINOCHLE 1:00 P.M.
PROGRESSIVE PINOCHLE 6:30 P.M.

THURSDAY

EUCHRE 1:00 P.M.

FRIDAY

PROGRESSIVE PINOCHLE 6:30 P.M.

SATURDAY

500 12:30 P.M.



FYI: If the center is closed for a holiday or weather emergency... there will be NO evening cards. If in question... call before you come!

• Euchre for Rookies Session:

• Tuesdays 1:00-3:00 p.m.

• January 17-February 28

• RSVP @ 286-9333 to reserve your spot!

• Expand your social horizons by learning to play Euchre. Jay will introduce you to this relatively simple but fascinating card game. Learn basic offense and defense techniques to this fun, quick game. (Only 5 tricks per hand.) Bring your willingness to learn, questions and curiosity! Members will practice & play with other beginners. Please plan to join us. Don't run late, play time is for the first 24 members of the day.



• Attention Pool Players!

• Feel free to drop in for a quick game of pool in between classes or for your convenience, there is now a sign up sheet for reserved use of the pool table.

• Stop by the front desk to reserve your time or call 586-286-9333.



CHECK YOUR DTE ENERGY STATEMENT

Make sure you are enrolled in the
Detroit Edison Residential Senior Citizen
Electric Service Program.

SAVINGS TIP

Clinton Township does not discriminate in any way based on religion, race, color, sex, handicap, familial status, national origin, ancestry or for any other reasons prohibited by law. The Center operates its services, programs and activities so they are readily accessible to and usable by individuals with disabilities. If you would like to participate in one of our programs and require special accommodations, please let us know and we will do what we can to make the appropriate arrangements.

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ONGOING PROGRAMS

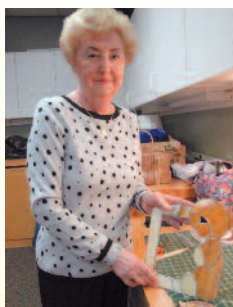
Monday

STAINED GLASS

6 wks/\$24

Discover the art of stained glass! No supplies needed to get started ~ New Students Welcome! Madelyn has over 30 years of experience and will guide and inspire you every step of the way! **Make sure to pre-register so that this program will not be cancelled. Stop by or call 286-9333.**

9:30-11:45
Jan. 9-Feb. 13



MAH JONG

12:00-4:00

Mah Jong is a traditional Chinese game using illustrated tiles, with game play similarities to rummy. More info. call Laurie @ 586-419-5593

GAME TIME

1:00-3:00

Join us for Scrabble, Cribbage, Uno & other games. All are welcomed!

Tuesday

COMMUNITY SEWING

9:00-11:30

Do you sew? Even a little? Then we want you to join our group! We sew simple projects such as adult bibs, lap robes and bags for kids going into foster care and also for walkers and wheelchairs. We have sewing machines and use donated material, so grab your scissors and pins and join us Tuesday mornings.



CROCHETING & KNITTING

12:00-2:30

Bring your project and enjoy the company of others! This group is purely social. Not meant for instruction.

CHESS CLUB

1:00-4:00

Drop in for an invigorating and challenging game of chess. All ability levels welcomed!

SONGFEST ~ SING ALONG

2:00

Join the group and sing along to all of our old favorites. Song books provided, new songs are welcome.

KEYBOARD LESSONS "PLAY FOR FUN!"

3:00 pm BEGINNERS 2:00 pm ADVANCED

Session: January 17-March 20

\$30/10 lessons + \$15 Book Fee. Learn how to read music & play the keyboard in a fun group setting. New sessions begin: Sept, Jan and April. Call Grace at 726-6570.



Wednesday

SINGLE FRIENDS

11:00

Please join us on the 1st & 3rd Wednesday of each month. We'll have a short meeting and then go out for lunch, a different restaurant every week. We also enjoy many other fun activities. For more info call: 586-412-0123 or 586-231-0070.

RETIRED READERS CLUB

12:00-2:00

Grab your reading glasses and gather with friends as we discover and discuss literary selections chosen by the club members. Club meets the 3rd Wednesday of the month. Sign up today at the front desk. Loaner books are available by calling 248-841-5012.

QUILTING

2:00-4:00

Join us for an afternoon of quilting & sharing of stories and ideas. We would love to see new faces.

HAVE SOME FUN

WOOD CARVING

Come discover the art of wood carving. Explore your creative side and enjoy the friendship of others as you carve your own project. Beginning & experienced carvers welcomed. More info: call Keith at 586-465-4129.



12:00-3:00

Thursday

WEIGHT LOSS SUPPORT

9:00-10:30

9:00 am weigh-in, 9:30-10:30 meeting

Join us for support as we lose weight together! We use the TOPS (Take Off Pounds Sensibly) Program. The cost is \$26 annually with \$4 monthly dues. Interested? Need more information? Come join us!

HUMANITIES

10:00-12:00

The humanities are the stories, the ideas and the words that help us make sense of our lives and our world. The humanities introduce us to people we have never met, places we have never visited and ideas that may have never crossed our minds. Please feel free to drop in or join this interesting and diverse group as they explore the world around us! **Many exciting adventures are scheduled for the year!** We are also open to spontaneous activities not limited to Thursdays. For more info: 226-0782.



The Humanities Group

EDGAR CAYCE

11:00-12:45

Increase spirituality & examine Cayce's book "A Search of God." Group meets 1st and 3rd Thursday of each month. Call Linda: 586-630-0022

Friday

INVESTMENT CLUB

9:30-11:00

Join us for a discussion on investments. Get great tips and come with your thoughts to share. For more info call John @ 586-949-4598

WRITE FOCUS

11:00-1:00

Writers who meet every other Friday throughout the year to work on various kinds of writing – including short stories, essays and poetry. Contact Nancy @ 463-0480.

BINGO

12:30-2:30

Please be sure to purchase your bingo cards before 12:20 p.m. Calling begins promptly @ 12:30.



Join us for an exciting and possibly profitable afternoon in the old fashioned bingo parlor! Admission card is \$1.50; all other cards \$0.50 each; 50/50 raffle tickets are sold much to the delight of those who play. Advanced scheduled transportation is available for those living in Clinton Twp. This is a friendly, non-smoking environment! We even have music and singing before bingo begins! Please remember that seating is 1st come, 1st seated!

1st Friday — Celebrate Monthly birthdays sponsored by **Hosey Foot and Ankle**

3rd Friday — Gift basket give away sponsored by **Comfort Keepers**

Last Friday — Cookies sponsored by **Villa Bella**

**THANK YOU
TO ALL
OF OUR
BINGO
SPONSORS!**

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Please register for all
Classes and Programs

Weekly Fitness Schedule

Monday	Walk Fit	8:30-9:00
	Aerobic Mixer	8:45-9:45
	Bone Builders	9:30-10:15
	B2 (Fitball Twist)	10:00-11:00
	Staying Young	10:30-11:30
	Aerobics Plus	11:30-12:30
	Arthritis/Beg. Fit	12:30-1:30
	Int. Tai Chi	1:30-2:30
	Beg. Tai Chi	2:30-3:30
Tuesday	Walk Fit	8:30-9:00
	Interval	8:45-9:45
	Yoga	11:00-12:30
Wednesday	Walk Fit	8:30-9:00
	Aerobic Mixer	8:45-9:45
	Total Fitness	12:30-1:30
	Arthritis/Beg. Fit	1:30-2:30
	Int. Tai Chi	1:30-2:30
	Beg. Tai Chi	2:30-3:30
Thursday	Walk Fit	8:30-9:00
	Interval	8:45-9:45
	Bone Builders	8:45-9:30
	Staying Young	9:30-10:30
	Flex & Tone Yoga	10:00-11:30
	Aerobics Plus	10:30-11:30
	Pilates	11:30-1:00
Friday	Walk Fit	8:30-9:00
	Aerobic Mixer	8:45-9:45
	Int. Tai Chi	1:30-2:30
	Arthritis/Beg. Fit	12:30-1:30

As physically active members of the Senior Center and to ensure your safety, please do not engage in any physical activity without your doctor's permission.

You must wear comfortable clothing and athletic shoes when participating in class.

PLEASE NOTE: BLOCK CLASSES MUST BE PAID FOR IN ADVANCE WITH A MINIMUM OF 7 PARTICIPANTS TO HOLD CLASS.

Course Descriptions

AEROBIC MIXERS Mon/Wed/Fri \$4

- **Back on Track Monday** - Undo your weekend! Come to this cardio class.
- **Rev-It-Up Wednesday** - If you like to "move" then this class is for you! 35 mins. of aerobics followed by a light weight workout & yoga stretches. Sure to energize you all day!
- **Friday Frenzy** - Finish your week with a fun-filled intense workout! 40 mins. of aerobics followed by strength/weight exercises & light stretching. A great weekend jumpstarter!

ARTHRITIS/BEGINNERS FITNESS \$4 Monday, Wednesday and Friday

This exercise program is designed to help decrease stiffness and pain using low impact moves, range of motion and light hand weights. This class is not only for those with arthritis but also those new to fitness looking to build strength, stamina, flexibility and balance. All exercises done with the use of a chair.

AEROBICS PLUS Mon/Thurs \$4

Combine FUN with FITNESS to increase your cardiovascular and muscular endurance while improving your flexibility and balance. This class will get and keep you moving! Start with low-impact aerobics and end with a strength workout using hand-held weights, tubing and balls. New members are always welcomed.

BONE BUILDERS MUST HAVE 7 PARTICIPANTS

6 wks/\$24 Mondays, Jan. 9-Feb. 13

5 wks/\$20 Thursdays, Jan. 5-Feb. 16

****NEW LONGER TIME** This 45 Minute strength building class will help you become healthier, stronger and more active!** You will learn to improve your balance & strengthen your muscles to accomplish many of your daily living functions, like walking up & down stairs, squatting to pick something up as well as many of your recreational activities, such as sports, walking & travel. Learning the proper form & technique of using hand-held weights will not only improve muscular strength but will also increase bone density.

B² (Fit Ball with a Twist) Mondays \$4
First Class FREE

Strengthen your core and tone your body with a custom workout! We'll now be incorporating Therabands into this total body experience to allow you to focus on each muscle group independently. Participants will have choice to use a chair or ball for the seated portion of this program. All equipment is supplied by the center for your convenience. Geared for all ability levels.



INTERVAL Tues/Thurs \$4

This class will alternate short intervals of low impact exercises to get your heart going AND weight training for strength, balance and endurance! We will end with stretching, balancing and relaxation techniques to leave you feeling energized and refreshed.

PILATES Thursdays \$4
Pilates will change your body.

In just a few short sessions you can: Slim, tone and sculpt; Build core strength; Look and feel taller and slimmer; Enhance flexibility; Improve your posture; become fitter and stronger! Get ready to see for yourself! Must be able to get down on floor.



STAYING YOUNG Mon/Thurs \$4
First Class FREE ~ "CHECK IT OUT!"

A low impact-high fun workout that is safe, heart healthy, and gentle on the joints! This class begins with a warm-up, an easy to follow cardiovascular portion, followed by muscular strength training using weights, tubing and balls. A chair is used for standing and/or seated support.

TAI CHI (BEG. & INTER.) M,W, F Wu Style \$4

Join our **BEGINNER'S CLASS** to learn the basic forms of this ancient non-aerobic art form that will improve your balance, flexibility & well being. Try the beginners and then move into the intermediate. Wear comfortable clothes & flat shoes preferably without arches.



PLEASE NOTE: BLOCK CLASSES MUST BE PAID FOR IN ADVANCE WITH A MINIMUM OF 7 PARTICIPANTS TO HOLD CLASS.

TOTAL FITNESS Wednesdays 8 wks/\$32
Jan. 4-Feb. 22 MUST HAVE 7 PARTICIPANTS

A real sweat producing interval training workout alternating segments of cardio and resistance training followed by 20 minutes of yoga stretches. The cardio segments are easy to follow routines which will include a little bit of disco, a little bit of Zumba, a little bit of kickbox and a whole lot of fun. This class is geared for those over 50 looking for maximum results.

WALK FIT Daily 8:30 a.m.

Join this lively group for morning walking in the climate controlled gym. Come on in and enjoy the music and companionship of walking with others.



YOGA Tues & Thurs \$4

Yoga uses posture, breathing and relaxation techniques to stretch, strengthen and align your body, promoting flexibility, posture and range of motion. All classes end with relaxation techniques.



Tuesday – A gentle Yoga class beginning with breathing exercises, chair warm ups and easy stretching followed by standing and floor postures for strengthening and aligning your body.

Thursday – **Flex & Tone Yoga** for the energetic adult (senior), Flex & Tone Yoga will take you on a journey to strengthen your core, improve flexibility, and balance your mind and body. Designed for beginners to active yoga students, this class will challenge you safely and effectively. You will work your entire body, yet leave feeling refreshed, relaxed and stress free!

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SPORTS

Sports phone #'s can be located on pg. 3

BADMINTON (Players Needed)

Mondays 2:30-4:15
Wednesdays 9:00-11:00
Fridays 9:00-11:00



BOCCE BALL \$20/Season

Thursdays 9:00-1:00

Call Maria for more info.

(586) 247-0582.

Join the fun! Come watch or be a substitute!



HORSESHOES

Monday/Thursday 9:30-12:00

For more info. call Frank @ 586-226-8949.

April-October



PICKLE BALL

Thursdays 11:30-1:30

It's the latest sport to hit the courts!

Played on a badminton court with a paddle and a wiffle ball! Why not give it a try?



SHUFFLEBOARD

Season runs from May - August

Tuesdays 9:00-11:00



TABLE TENNIS PRACTICE

Tuesdays 1:30-4:15



TENNIS PRACTICE @ Senior Center

Wednesdays 11:00-12:00

Fridays 2:30-4:15

Open gym time is available to practice and develop skills with Gary Dessinger.



VOLLEYBALL (CO-ED) A fun, 1 bounce game.

Mondays 9:00-10:00

Tuesdays 9:00-11:00



VOLLEYBALL (REGULATION)

Tuesdays* 11:00-1:00*

Fridays 11:00-1:00

*Not meeting Jan.-Mar.

TENNIS @ PEACHTREE TENNIS CLUB

M, W, F \$6.00 1:00-2:30
Tu & Th \$6.00 10:00-11:30



Tennis is played indoors at Peachtree, 37600 Little Mack at Weybridge. New tennis balls are NOT included in the price. Existing club tennis balls are available for you or you can bring your own. Senior Center membership is required and you MUST purchase a special \$75.00 corporate rate membership from Peachtree to participate. Any senior in the Clinton group who wishes to rent the courts or play/sub on Peachtree leagues on a regular basis is required to play at least 50% of the time in the CT program. For more information call: 469-7000.

PLEASE NOTE:



Michigan Senior Olympics
Winter Games

January 28-February 1, 2012

www.michiganseniorolympics.org

GOOD LUCK TO ALL OUR MEMBERS!

NOTABLE DATES

Pressure Point Class

Wednesday, February 15, 2012 1:30-3:30

Pre-register at 586-286-9333

\$20 sign up & prepay at front desk.

A Pressure Point Therapy Seminar, presented by John Marchewitz, is being offered in place of the regular T'ai Chi classes for the day.

SEE PAGE 13 for more details!

Open Swim Fridays (6:30-7:30 p.m.)

Dakota High School (Closed 2/19-2/25)

Adults \$5.70 / Seniors 60+ \$5.00

Please call 586-723-2050 for more info.

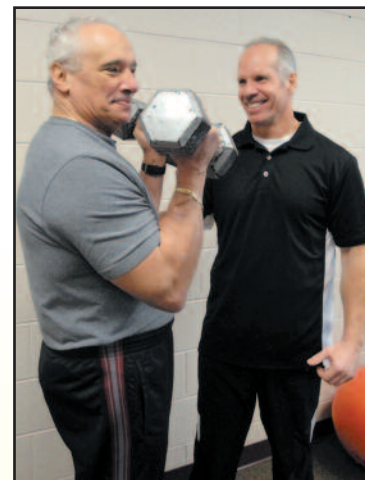
IT'S TIME TO PLAY SOME SPORTS... SIGN UP TODAY!!!

MEET OUR PERSONAL TRAINERS Betsy Miannecki & Kevin Kline

Betsy has been helping people reach their fitness and healthy lifestyle goals for more than fifteen years. She is YMCA certified in personal training, group fitness and many other areas of health and wellness. "Everyone can start exercising, it doesn't matter what shape you're in, or what age you are, you're never too old and it's never too late to 'just do it!'"



- Kevin is a recently retired Clinton Twp. Police Officer who wants to continue to help people in all aspects of their lives.
- Kevin has trained individuals with various experiences and body types and is certified in CPR, AED and personal training.
- "I can think of no better way to give back to a community than to assist people in leading a longer, stronger and healthier life.
- I believe through resistance and cardio training along with healthy eating habits, I can bring about a positive life change to our residents."



PERSONAL TRAINING – Whether you are just getting started in fitness or looking to improve your current workouts, personal training is for you. If you are looking to improve your overall strength, endurance, flexibility, balance or improve your golf game or tennis or any other activity you do, our certified Personal Trainers, Betsy & Kevin, can help you achieve your goals. **Session Fees: \$40.00 – 1 hr. session Packaged Sessions offered at a discounted rate! You must have a physicians release form on file.**

Bill & Toni Lee Wellness Center Only \$55 per year (Center Membership Required – 8:45 a.m.-4:15 p.m.)

Looking to stay young at heart?
Join the Bill & Toni Lee Wellness Center!
You will feel better, and add quality to your years! Don't delay - join us today!



Any member interested in using the wellness center MUST successfully complete our senior orientation prior to using the room or equipment. Before you make an appointment for this orientation, **you must have a current PHYSICIANS RELEASE OF LIABILITY form completed, signed by your doctor and your annual \$55 dues paid.** Your form expires **ONE YEAR** from the **DATE** the doctor signed the form. (No exceptions) Please bring a towel and dress in workout attire. If you are unable to make your scheduled appointment, please call to cancel your appointment. (Max. 4 people per orientation) Orientation is held only on Thursdays from 2:00-4:00 p.m. You must be in attendance the entire 2 hours.

Physically Challenged Orientation

In an effort to accommodate all people including those with disabilities, we also have a special training session just for you. People must specifically request PCO orientation and bring their own mentor/helper as you feel necessary. Appointments for this special PCO must be made in advance.



PLEASE NOTE:

Due to the new gym floor, no outside shoes are allowed. Please bring your clean gym shoes if using the gym or fitness room.

Clinton Township Senior Adult Life Center

January/February 2012 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

Please register for all
Classes and Programs

JANUARY'S SPECIAL EVENTS ~

New Year~New YOU!

We Want YOU to Join the Club!

Join the CT Fit, Fabulous & Over 50 Club!

**\$25 per person – register at front desk by
January 6, 2012**

We are challenging you to get Fit & Fabulous! Make the change THIS year! To add an extra incentive, we will be competing against the St. Clair Shores Senior Center in a 16 week challenge that will focus on increased activity and weight loss. Cost will include: exercise & food tracking booklet, pedometer, water bottle & sports bag along with special educational & motivational speakers, a mystery trip and group activities, plus prizes at the end! Participants will weigh-in weekly at the senior center. **First meeting/weigh-in is Tuesday, January 10 at 9:30am at the Senior Center.** Limited to the first 25 members. **Sponsored in-part by: Cherrywood Nursing & Living Center, Henry Ford Health Systems, Vince & Joe's Gourmet Market, and Pure Water Station.**



Hidden Treasures
GIFT & COFFEE SHOP

January Special
Half Off a Hat or Scarf!



• **Basic Computer Maintenance for Those Who Don't Have a Clue**

• **Monday, January 16, 2012 10:00-12:00**

• **\$20 per person**

• **RSVP by January 13th at 586-286-9333**

• Basic computer maintenance is essential to having a safe and well running machine. If you don't know how to empty your temporary internet files, delete cookies, defragment your hard drive, use scandisk, use "help and support", uninstall unwanted programs, use disk cleanup, etc., then get over to this class. These procedures should be performed (some 2-3 times a week). Performing basic functions like these make good computer maintenance and help speed-up your computer. These are easy procedures -- guaranteed. You just need someone to show you which buttons to click. (Easy to follow handouts will be given with step-by-step instructions.)

• **Best Strategies for Investing in Volatile Times with Rick Bloom,**

• **Financial columnist & former radio host**

• **Jan. 23, 2012 11:00 a.m.**

• **Reservations required**

• **by Jan. 20 at 586-286-9333**

• Rick will discuss the importance of investing for growth in additional income during retirement so you don't run out of money. How to avoid scams targeted at seniors and tips on making sure your investments are legitimate.



• **Nifty & 90 Birthday Party!**

• **January 26, 2012 12:00-2:00**

• **RSVP at 586-286-9333 by Jan. 20th**

• Come Celebrate YOU! If you are 90 or turning 90 this year, please join us as we celebrate living with passion and purpose! Enjoy a delicious hot luncheon sponsored by Comfort Keepers followed by birthday cake for dessert.



FEBRUARY'S SPECIAL EVENTS ~

"Groundhog Day" Movie

Thursday, February 2, 2012

12:30-3:00 \$2 per person

Pre-Register at 586-286-9333

Enjoy the Bill Murray classic movie with your friends. We'll be serving up unlimited popcorn and pop, just like going to the theatre! Please pre-register so we can be have the proper seating ready.

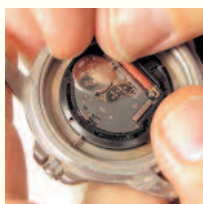


Watch Battery Wilma

February 6, 2011

Join Wilma between the hours of Noon and 3 p.m. for watch battery replacements & service. This service is on a 1st come, 1st serve basis. For your convenience, Wilma has watches and jewelry for sale. (insert picture)

12:00-3:00



HELP! I have Unexpected Pop-ups, Invading Messages, Notifying Prompts, Internet Error Messages, Suspicious Ads, and Unwanted Icons.

Monday, Feb. 13, 2012 10:00-12:00

\$20 per person

RSVP by February 10th at 586-286-9333

Do you find it difficult to enjoy your computer because of unfamiliar and intimidating messages? Do you cancel out of programs because of pop-ups you are unfamiliar with? Does it seem like there is no help to be found? Well...if this sounds like you...Mike Wilson, your instructor, will be waiting to take the mystery out of tons of frustrating computer jargon. Instructor will explain (in simple terms) many daunting issues that recent and mature learners face. **Don't miss this class!**

Pressure Point Class

Wednesday, February 15, 2012 1:30-3:30

Pre-register at 586-286-9333

\$20 sign up & prepay at front desk.

A Pressure Point Therapy Seminar, presented by John Marchewitz, is being offered in place of the regular T'ai Chi classes for the day. Pressure Point Therapy helps improve circulation, range of motion, can help open blocked sinuses, improve overall health and relieve pain. **You do not need to be a T'ai Chi student to participate in this class.** Make sure to bring paper and pencil.

Hidden Treasures GIFT & COFFEE SHOP

February Special

Hot Cocoa ~ 25¢

Travel Preview:

Thursday, Feb. 16

Reservation required

@ 586-286-9333

See travel page for full details.



Polish Party

Fat Tuesday, February 21, 2012

12:00-2:00 \$12 per person

Pre-register at 586-286-9333 by Feb. 17

Join us for a wonderful Polish party at the Senior Center in honor of Fat Tuesday. A glorious Polish meal will be served from the one and only Polish Village in Hamtramck. Homemade pierogies by Mark Kuligowski, Owner of Comfort Keepers will be included with the meal as well as Paczki! Andy Desso, sponsored by Resurrection Cemetery, will grace us with special music to make the day festive. Make sure you come hungry and buy your ticket early as it will be sure to sell out fast. Advanced reservations only.



RESURRECTION CEMETERY
Keepers of Family Tradition

THANK YOU...



Vince & Joe's for your continued support
Make sure to stop by the gift/ coffee shop for a piece of fresh fruit from Vince & Joe's.

Traveling with the Wanderers

TRAVEL INFORMATION

We sure hope you enjoy the wide variety of trips that we have to offer. After discussing the trips availability with Jeanne Kropf, our travel specialist, **payment options are as follows:**

1. Jeanne will be available on **Tuesdays from 1:00-3:00 p.m.** to accept payments or deposits.
2. Leave a check at the Senior Center reception desk with the name of the trip, your name, address and phone number and information covering all parties included with the payment. **OR**
3. **Mail a check with the above information to:**
Clinton Twp. Senior Center, 40730 Romeo Plank Rd, Clinton Twp. MI. 48038
4. All checks or money orders must be made payable to: **CLINTON TOWNSHIP SENIOR CENTER.**
5. All trip members MUST complete an emergency form prior to trip date.

If you have further questions, Jeanne Kropf can be reached at (586) 723-8127

If you have an emergency the night before or morning of a trip, please call 586-723-8127, The Wanderer's phone, and leave a message. I will check for any messages the morning of the trip.

Day Trips

Payment in full must be made at the time of registration to reserve your place. Payment can be made by **check or money order made payable to: Clinton Township Senior Center.** Your cancelled check is your receipt. **NO CASH WILL BE ACCEPTED!**

Include your name, phone number, address, city and zip **for all parties** covered by the payment. All travelers on one-day trips must have an Emergency form on file **TWO DAYS PRIOR** to the trip departure. Please update your forms as information changes.

DAY TRIP PARKING - PLEASE PARK AT THE GAZEBO PARKING LOT NEXT TO THE LIBRARY.

Extended Travel

Please book early to avoid disappointment. If you are considering any trip, **do not hesitate** to make a deposit early or the trip may be cancelled due to what appears to be a lack of interest. Deposits for extended trips are refundable up to the final payment date. **You will receive the final itinerary two weeks prior to the trip from the tour company along with luggage tags, medical form and parking information.**

EXTENDED TRIP PARKING - PLEASE PARK AT THE NORTH END OF MAIN LOT FACING EAST TOWARD THE SOCCER FIELDS.

Boarding the Coaches

All trips will board and depart from the Civic Center parking lot. **Plan to arrive at least 15 min. prior to the departure time.** Unless otherwise advised, the front seat of each side of the bus is reserved for the escort and handicapped.

REFUND POLICY:

There are no refunds for cancellations received within 24 hrs. of the trip, or for "no shows". A Senior Center processing fee of \$10 p.p. will be deducted from any refunds for all trips. All refunds are processed through the Twp. Accounting office so there may be an approx. 3-4 week period before receiving the check. Please be patient.

Passport Rules

U.S. CITIZENS ARE REQUIRED TO HAVE A VALID PASSPORT, PASSPORT CARD OR ENHANCED DRIVER'S LICENSE FOR TRIPS TO CANADA.

TRAVELERS, PLEASE KEEP THIS PAGE FOR FUTURE REFERENCE!

Travel with the Wanderers and Leave the Driving to Us!

If you would like detailed information about any of the trips listed below, please come in to the center and pick up a flyer.



WANDERERS' GIFT CERTIFICATES MAKE GREAT GIFTS!

February 16, 2012 TRAVEL PREVIEW FOR 2012 TRIPS! 9:30 a.m.-12:00 p.m.

RESERVATION REQUIRED @ 586-286-9333. Join us for an update on the trips I have planned for the up-coming year. Sales reps from several travel companies will give us highlights on the trips they are planning. Refreshments served and door prizes, too! Pre-register so we can plan accordingly.

January 18 Rembrandt Exhibit 1 day \$25 p.p.



Don't miss this special Rembrandt and the Face of Jesus exhibition which includes 64 paintings, prints and drawings that portray Jesus and the events described in the Bible. See flyer for more details ~ Register by Jan. 6th

January 26 Zehnder's Snowfest 1 Day \$78 p.p.



We're off on a Winter Holiday. Shopping time at Bronner's Christmas Wonderland, then on to Zehnder's for their "dueling Pianos" show. Includes the famous chicken luncheon "with all the trimmings". Afterward enjoy the Ice Sculptures on exhibit. A fun day outing!!!

February 1-7 California Coast 7 days/6 nights \$1,949 p.p. Dbl.



The perfect winter getaway! Fly to sunny San Diego for 2 nights. Free time to visit San Diego Zoo or Sea World. Drive along Highway 101 and the stunning coast, overnight on the Queen Mary including dinner aboard ship. Board the Coast Starlight train for an unforgettable trip to San Luis Obispo. On to Monterey for 2 nights via the scenic coastal drive. Visit Hearst Castle, Monterey Bay Aquarium, Cannery Row & Fisherman's Wharf, Carmel-by-the-Sea. This trip has it all! Includes 6 breakfasts, 1 lunch & 3 dinners. See flyer for full details.

February 23 Glass City Tour 1 Day \$50.00 p.p.



Visit the Glass Pavilion – in itself a work of art – award winning museum, a glass-blowing demonstration, the Libbey Glass factory outlet with time to shop. Also included is a lunch at the famous Tony Packo's for lunch, including tax and tip, and transportation. **A fun day for all. Deadline to register is Jan. 31.**

March 3 "South Pacific" 1 Day \$86 p.p.



Considered one of the greatest Broadway musicals of all times, with numerous memorable songs, "South Pacific" is sure to be a sell-out. We'll have lunch at the Traffic Jam and Snug with several entrée choices. Trip includes main floor seats, lunch with tax and tip, and transportation provided. Don't miss out.

March 15 Celtic Crossroads 1 Day \$25 p.p.



Celebrate St. Paddy's Day with an authentic Irish show – music, dancing, singing! Truly a Gaelic celebration. In addition you will get a \$10.00 cash coupon to use as you see fit – food, slots, or poker. NOTE: This trip requires proof of citizenship and customs coupon completed one week prior. Sure to be a sell-out at this price, so register early!!

May 20-26 Amtrak to Boston 7 days/6 nights \$1,499 p.p. Dbl.



Motor coach to Cleveland for overnight before boarding Amtrak to Boston – City tour and dinner cruise, Kennebunkport. On to Newport, R.I. and the "summer cottages," 10 Mile Ave. See flyers for full details.

Clinton Township Senior Adult Life Center

January/February 2012 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

Please register for all
Classes and Programs

Foot Care

- ✂ By appointment only
- ✂ 20 minute appointments
- ✂ Schedule @ Sr. Center reception desk
- ✂ Covered by most insurances & Medicare. Not a FREE Service.

Dr. Jennifer Somers of the Hosey Foot and Ankle Centers will be here on:

Thursday	Jan. 12 & Mar. 22	9:00-Noon
----------	-------------------	-----------

Dr. Edmund Kowalchick of the Michigan Foot and Ankle Institute will be seeing patients at his Garfield office. Please call: 586-228-2255 to schedule your appointment.



Blood Pressure Screenings

Tuesday	Jan. 3	10:00	C. Reidel
Wednesday	Jan. 11	10:00	N. Hendrix
Wednesday	Jan.25	10:00	P. Rizzi

Tuesday	Feb. 7	10:00	C. Reidel
Wednesday	Feb. 15	10:00	N. Hendrix
Wednesday	Feb. 29	10:00	P. Rizzi

Manicures & Pedicures (By Appt.)

Looking for some pampering?...Let Kameelia, Licensed Cosmetologist, fix you right up! You will leave feeling like a new person.

Mondays	9:00 a.m. - 3:00 p.m.
Fridays	9:00 a.m. - 3:00 p.m.

Regular Manicure\$91/2 hr.
Hot Oil Manicure\$10
Pedicure\$251 hr.
Combination\$301 1/2 hr.



Waxing services upon request.

Fees are payable to the manicurist at time of service. 24 hour notice is required for cancellations.

Reflexology by Roberta

Appointments available:

Tuesdays, Thursdays

- Call 586-286-9333 or
- stop at front desk for appointments!

Massage appointment

- JET (11 minutes)
- hands or back - \$9.00
- Extended services (25 mins) \$18.00

Reflexology appointments

- Hand - \$9.00 (11 mins) / Foot- \$18.00 (25 mins)

Parafin Wax Treatments

- Hand ~ \$5.00 / Foot (now available) ~ \$7.00
- Hand/Foot Combo ~ \$10.00



Introducing:

Haircuts & Waxing Services

Wednesdays AND FRIDAYS 9:00-3:00

- Stop by the Spa Room and meet Jackie, a hairdresser with 30 years experience! She is taking walk-ins and appointments can be made either earlier or later than scheduled time.
- Call 810-614-9319 to schedule an appointment.

Services include, but not limited to:

- Haircuts/finger dry - men or women - \$9
- Mustache or Beard Trim - \$3
- Deep Conditioning Treatment -\$9

Styling Services:

- Wash, Blow Dry & Style or Roller Set - \$9

Wednesdays Only:

- Perm - \$30 (Includes cut & style)
- Hilites \$30 (Includes style)
- Tint \$25 (Includes style)
- Tint with Hilites - \$40 (Includes style)

Waxing Services

- Eyebrow - \$8, Chin or Upper Lip - \$4 ea. /All 3 - \$15

Special Occasion Makeup Application available



Clinton Township Senior Adult Life Center

January/February 2012 • Monday-Friday 8:30 a.m.-4:30 p.m. • (586) 286-9333

Please register for all
Classes and Programs

New services NOW AVAILABLE!

ALTERATIONS now offered

Thursdays, 9:00-11:00

NO APPOINTMENT NECESSARY~OPEN TO THE PUBLIC

From sewing a button to tailoring a suit, have it all done while visiting the center. Monika, former owner of the Sewing Room in Utica will be offering her alteration expertise. Small repairs done while you wait, allow 1 week for other services. Price list available at the center or online. Proceeds to benefit the CTS Adult Life Center.



Sharpening Services

Sam Cipriano will sharpen your kitchen knives, scissors & various non-electric garden tools. Drop off your items in a bag with your name and phone number at the front desk. When your items are finished we will notify you for a pickup. Average cost is \$3.00 per item. Garden tools \$4.00



Mi-Café Is Here to Help!

Do you need food assistance or know someone who

does? The Mi Café

program also offers other assistance as well.

Inquiries can be made at

1-877-664-2233 or you may call 586-286-9333

to schedule your appointment at the senior center.

You need not be a member of the senior center to

apply ~ so spread the word!



CTS Adult Life Center & Technology

Welcome to the age of ever changing technology! We at the CTS Adult Life Center want to move with you into this new era. We are here to assist you in every way. We have volunteer members ready to walk with you, hand in hand, into this uncharted territory! You can make your one on one tutoring appointment by calling 586-286-9333. Please read the following and take the appropriate actions.



• Do we have your correct email address?

While we will continue to mail your requested bi-monthly newsletter, we'd like to keep you

up to date with the latest news and opportunities from your center. By having an email address on file with us, we can send you e-blasts of information regarding closures, special events and more.

www.clintontownship-mi.gov/seniors

• Have you checked out our new website?

Make sure to check out our new and improved interactive website. You can see the latest pictures from our events, check out what's coming up and so much more!

• Have you "liked us" on Facebook?

Did you know we are on Facebook? Pass this information on to your friends and family! On this page you can comment on your favorite activity or event, view our pictures and more!



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Classes and Programs

SENIOR CENTER FUND RAISING NEWS

We would like to thank everyone that has contributed to the senior center fundraising program. Your tax deductible donations to our coffee & gift shop are very helpful in assisting us with our mission at the center. All donations are acknowledged with a letter to the donor and/or to those in whom you wish to honor or acknowledge in memory of.

WISH LIST

Want to help? Here's how....

Thank you, in advance, for your generous donation!

We are ALWAYS thrilled to receive donations from our wish list. Drop off items at the front desk or call 586-286-9333 to arrange pick up.

FOR THE RESTROOMS

Boxes of Tissues
Hand lotion
Air freshener

FOR THE GIFT SHOP

Colored tissue paper
Gift bags
Cookbooks, jewelry, household décor
Other gently used items
Individually wrapped tea bags
Individually wrapped snacks
Splenda

FOR PARTIES

Gift Cards
Wrapped candy

FOR OUTDOOR BEAUTIFICATION

Returnables for flower fund
Bags of mulch
Shrubs, Trees, & Flowers
(See front desk for more details)

FOR GENERAL OFFICE NEEDS

Clorox wipes
Paper towels
Colored copy paper
Plastic garbage bags
New computers
Hand sanitizer in pump
Clip boards

BECOME A CT Senior Adult Life Center SUPPORTER

____ Contributor \$1-24 ____ Patron \$100-\$199
____ Associate \$25-\$49 ____ Sponsor \$200-\$499
____ Sustainer \$50-\$99 ____ Benefactor \$500-\$999
____ Angel \$1,000 or more

Name: _____

Address: _____

City/State/Zip: _____

Please complete this section if your gift is:

In Memory _____

In Honor of _____

On the occasion of: _____

Please send acknowledgement of this gift to:

Name _____

Address _____

City, State, ZIP _____

Return to:

Clinton Twp. Senior Adult Life Center

40730 Romeo Plank Road

Clinton Township, MI 48038

**Please consider including the CTS Adult Life Center
in your will. Your bequest can ensure our
services are here for years to come.**

For more information, please call 586-286-9333.

____ I have included the Clinton Twp. Senior Adult Life Center in my will. Please contact me regarding the details.

Suggested phrasing for bequests: I give, devise and bequeath X dollar amount or X asset to: Clinton Twp. Senior Adult Life Center, a non-profit organization located at 40730 Romeo Plank Rd. Clinton Twp., MI 48038, for its general use and purposes.

Contact a qualified estate-planning professional for more information.

Clinton Township senior spelling bee team places first

■ **All six team members remained standing in final round.**

The Clinton Township Senior Center spelling bee team took first place in the sixth annual Macomb County Senior Spelling Bee. For the first time in the history of this spelling bee, all six team members were still standing at the end of the last round. The St. Clair Shores and Sterling Heights teams tied for second place.

Six Macomb County senior centers competed against each other in a 300-word spelling bee competition hosted by the Shelby Township Senior Center on Oct. 14. Each team had six spellers and up to two alternates ranging in age from 53 to 87 years



Pictured in the back row, from left, are Delores Kaplewski, Marjorie Strimpel, coach Jane Hall and Marlene Zeckzer; and front row, from left, are Cathie Kogut, Carolee Moss, Frances Murawa and Program Coordinator Donna Tinker. (not pictured, Anita Schatz)

old. At the end of the last round, the team with the most spellers still standing was pronounced the winner.

“The Macomb County annual Senior Spelling Bee is a rewarding program that we can offer our members,” said Erin Justin, assistant senior coordinator at the St. Clair Shores Senior Center. “It provides them a fun outlet where they can make

new friends and socialize with other communities. I know our spellers look forward in preparing for the bee by setting up study sessions and teaching one another tricks to learn how to spell the word correctly.”

Preceding the bee, participants and their guests enjoyed lunch, compliments of Henry Ford Macomb Hospital.

WALK FOR WARMTH

Help Macomb County residents stay warm:
walk, pledge, or donate

NEW LOCATION!

Saturday, February 25, 2012

Clinton Township Senior Adult Life Center

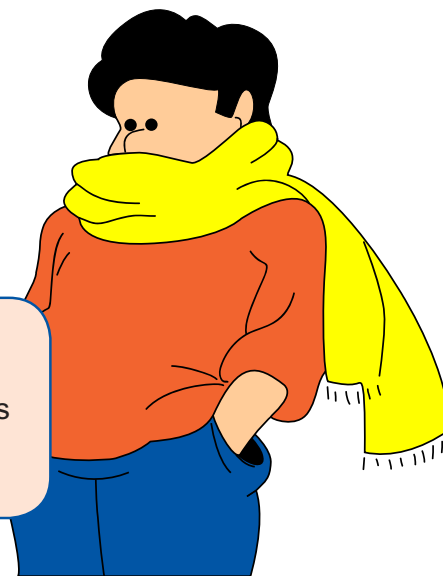
40730 Romeo Plank Road

Clinton Township, MI 48038

Registration: 9 a.m.

Walk begins: 10 a.m.

Join us for the 22nd annual Walk for Warmth!
Walk for Warmth is an annual event to raise funds and promote awareness of the emergency needs of low income people. Funds raised are used to prevent utility shut-off and repair and replace furnaces for Macomb County residents in need.



- 5K walk/fun run

- **Route includes paved sidewalk and beautiful nature trail through Clinton Township parks***

- Continental breakfast and lunch provided
- Teams welcome! Call, email, or visit our website to register your team.
- Minimum pledge total is \$20 per walker
- Walk held snow, rain or shine

Pledge sheets available:

586-469-6999

mccsa@macombcountymi.gov

www.MacombCountyMI.gov/mccsa

Donations are welcome and can be mailed to:

MCCSA - Walk for Warmth
21885 Dunham Rd., Suite 10
Clinton Township, MI 48036

Sponsorship opportunities also available.



Like Macomb County Community Services Agency on Facebook



Macomb County Community Services Agency
A Community Action Agency

* An alternate route may be used in inclement weather.

Macomb County Community Services Agency (MCCSA) is a Community Action Agency dedicated to families and individuals seeking to improve their quality of life. MCCSA is sponsored by Macomb County government, the U.S. Dept. of Health and Human Services, Dept. of Energy, Michigan Department of Human Services, Office of Services to the Aging, Dept. of Agriculture, Dept. of Education, and Area Agency on Aging, 1-B. MCCSA complies with the Civil Rights Act of 1964, the Michigan Handicappers Civil Rights Act, the Older Americans Act, the Social Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. To inquire about reasonable accommodations for persons with disabilities, please contact MCCSA at 21885 Dunham Road, Suite 10, Clinton Township, Michigan 48036 (586) 469-6999, TDD (586) 469-5962. All MCCSA programs, services, and activities will be provided equally without regard to race, religion, color, national origin, sex, marital status, age, or physical handicap/disability.

Closings & Cancellations

JANUARY & FEBRUARY 2012

Day	Date	Area Affected	Description
Friday	Dec. 30	Center Closed	New Year's Holiday
Saturday	Dec. 31	No Saturday Cards	New Year's Eve
Monday	Jan. 2	Center Closed	New Year's Holiday
Saturday	Feb. 18	No Saturday Cards	Closed for Holiday
Monday	Feb. 20	Center Closed	President's Day
Tuesday	Feb. 21	Practice Bridge/Chess/Songfest/Euchre for Rookies/Co-ed or Reg. Volleyball	Polish Party
Monday	Feb. 27	Gym/No Badminton	Election Set Up
Tuesday	Feb. 28	Gym Closed	Election

Weather & holiday closings: There will no senior night cards, bus service or activities on any holiday in which the Senior Center/Civic Center is closed. **Please note**, the Senior Center will be closed if Chippewa Valley Public Schools cancel school for inclement weather. If in doubt, please contact the Senior Center first before making a trip over. (586) 286-9333. It is your responsibility to know when the center is closed, please mark your calendars as needed.

....CLASSIFIED ADVERTISEMENTS

Please be advised that our newsletter offers classified ads intended for the sale of personal household items. Please contact Donna Tinker at 723-8125 to place your classified ad.

PLEASE HELP:

New Yarn Donations Needed



Thank you for your patronage of the businesses and individuals that advertise with us. They help defray the cost of this publication. **The Senior Center does not endorse or make any representations regarding the quality or character of services or goods furnished by any of our advertisers and we urge seniors to always carefully investigate the providers of services and goods before purchasing.**



If you wish to advertise your business or services in this publication, please contact Donna Tinker for more information at (586) 723-8125.

NEW – EXCITING VOLUNTEER OPPORTUNITIES

Attention all members!

We have a more detailed list of volunteer opportunities for you! Something that is sure to be perfectly suited for your gifts and abilities. Make sure to stop by the front desk to pick up a copy and sign up today! Opportunities can be one time, short or long term.

ATTENTION NEWSLETTER READERS

Please notify us immediately of any address changes or extended absences. Fees will be incurred if your newsletter is returned undeliverable. If you are at the center on a regular basis, please pick up your newsletter at the front desk to defer mailing costs.

Have Lunch with Friends on Fridays

Your Clinton Twp. Senior Adult Life Center is a MCCSA Senior Nutrition Site. On Fridays Fridays between 11:00-12:30 we have a delicious and nutritious HOT lunch available just for you. The menu varies from week to week and the suggested donation is \$3.00 for those 60 and older. The meals are served on a first come first serve basis.



Stop Senior HUNGER

A COMFORT KEEPERS® INITIATIVE

With your help the "Stop Senior Hunger" campaign collected 2,484 lbs of food between September 1 and December 1. (1,214 lbs came from Clinton Township alone.) The need is still there and collection is still going strong and continues through the month of December.

Congratulations **KYLE!**

We are excited and saddened to announce that Kyle Murphy, from member services, has accepted a full time position at the Clinton Township Civic Center.



Kyle has been instrumental in developing our web site and Facebook page as well as getting our RecTrac software up and running. Please join us in wishing him well in his future endeavors!



BrightStar®
LIFECARE | KIDCARE | STAFFING
Comes to the East Side

Now serving the Grosse Pointes and Macomb County, we provide the highest quality of care to seniors, children and disabled in their own homes – giving families complete Peace of Mind.

Our team of compassionate professionals can meet your every need – companion, personal and medical care. Our Registered Nurse, an expert in critical care, oversees every case.

**Whether you need one hour or 24,
we're here for you.**

BRIGHTSTAR of Grosse Pointe/Southeast Macomb
St. Clair Shores, Michigan
(586) 279-3610 • www.brightstarcare.com

BrightStar of Grosse Pointe / Southeast Macomb is a proud partner of Wayne State University's Institute of Gerontology, supporting research and education on aging.



got ID?



Visit the Front Desk to get your new ID Badge and learn about our new system.



Cherrywood

Nursing & Living Center

Your Health, Your Recovery,
Your Choice - In Your Neighborhood!



EXCELLENCE IN REHABILITATION

Cherrywood's Medical Hotel, "The Grand Traverse" offers Skilled Compassionate Care After a Hospital Stay & Luxurious Accommodations. At Cherrywood, get ready to return home to your active life & loved ones!

Cherrywood participates in Medicare, Medicaid & various insurance plans are accepted.

To Enjoy a Tour Call: 586.978.2280

www.CherrywoodNursing.com • 2372 Fifteen Mile Rd. Sterling Heights, MI 48310

Clinton Township Senior Housing 62 Plus
Comfortable Living at Affordable Prices

BEAUTIFUL 1 & 2 BEDROOM
APARTMENTS Starting at \$510



Heritage Estates



**One
Bedroom
Units
Available
Now!**

**Secured Entry • All Appliances
Balcony/Patio • Activity Center
Close to Shopping, Banks, Restaurants
Washer/Dryer in Apartment**

Stop in and get details or call

586-263-5919

TTY 800-989-1833

email: heritage.estates@fourmidable.com



Most Insurances Accepted

New Patients Welcome

Michigan Foot & Ankle Institute



"Our mission is to create a trustworthy, friendly environment in which we provide the highest quality and most advanced foot and ankle care in Southeastern Michigan."

586-228-2255

Board Certified, American Board of Podiatric Surgery Fellow,
American College of Foot and Ankle Surgeons, Affiliated with:
Henry Ford Macomb, Mt. Clemens Regional Medical Center,
St. John, Henry Ford Lakeside, Cottage and
Crittendon Hospitals

Early morning, evening and weekend appointments!

Edmund J. Kowalchick, DPM
Stacey L. Miller, DPM

44250 Garfield, #160, Clinton Township, MI 48038
www.michiganfootandankleinstitute.com

Let Us Serve YOU.

The **Veterans Improved Pension Benefit Program** assists qualified veterans and their surviving spouses to receive the quality in-home care they deserve.

Call today for more information.

586-231-0526



**Comfort
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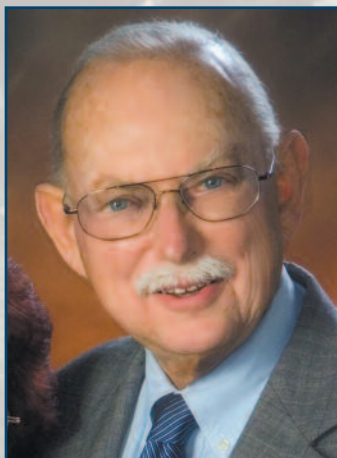
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